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ABSTRACT

Stress and suffering are not the inevitable result of modern life. Ways in which parents can suspend the turmoil of their lives and look within themselves for the nurturance and love that their children need are presented in this book. The text outlines what are called HeartMath tools, techniques in which parents and children can employ one-minute exercises to reduce both stress and emotional pain, develop more sensitive communication, improve their relationships, and save time, as well as other benefits. Much of the discussion revolves around love, with such topics as love and perception, practicing love, the ABC's of love, and understanding your heart. Children's perceptions are also explored, as are the middle years of childhood and the shift to the teenage years. Other areas of interest include managing and improving one's mind, the impact of stress, how to care without overcare, effective communication, and early childhood development. It is argued that emotional challenges will not harm children if they are taught how to handle them. But to help them cope with these challenges, parents must understand how their children perceive the situation and then teach them how to take advantage of the opportunities that they encounter each day. (RJM)

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